

Come Lunch with the Darien Senior Programs at Mather Center

The best value in Town!

Chicken Cacciatore, Lamb Kabobs w/ Couscous, Vegetable Lasagna, Roast Beef w/ Lyonnaise Potatoes, Seafood Gumbo, Meat Loaf w/mashed potatoes—all complete with a vegetable side and dessert. These delicacies and more are prepared by our Master Chef Tom Mirto, a graduate of the Culinary Institute of America. Not only are the meals nutritious and delicious but they are an incredible value at \$4.00 each.



Research shows that eating your main meal at noontime, especially as we grow older, has actual health benefits. We have more time to digest and metabolize the meal. Eating lighter fare in the evening meal can aid in a better night's sleep and help with weight control.

Eating at the Center also has the added benefit of socializing with peers and attending some of the wonderful programming offered before or after lunch.

Cooking for one can also be stressful. The cost saving of only having to shop for breakfast and a lighter evening meal is also significant.

So give a meal at the Center a try. Call in for our weekly menu on Mondays 203-656-7490. **To reserve a meal, call by 11:15 the day of.... Lunch is served at 12:00 sharp!**

Don't forget that **At Home in Darien** is available to take you to appointments, shopping, visiting and of course, to the Senior Programs. Rides are available **Monday - Friday, 9am - 4pm**. Call **203-655-2227** to reserve your ride. A suggested donation is **\$5**.

February Save the Date *

- Feb 1 Pleasure Through Plants
- Feb 1 Visiting Nurse & Hospice of Fairfield County Lunch & Learn Complimentary Lunch
- Feb 2 Pitchpipers
- Feb 6 Blood Pressure
- Feb 6 Ridgefield Visiting Nurses Association
- Feb 7 Matter of Balance
- Feb 7 Art Gottlieb Historical Series
- Feb 8 Crafts
- Feb 9 Great Decisions
- Feb 14 Matter of Balance
- Feb 14 Tava Belly Dancer
- Feb 15 Crafts
- Feb 15 Caregivers Support Group
- Feb 15 Walgreens Pharmacy
- Feb 16 Blood Pressure
- Feb 20 **CLOSED - PRESIDENTS' DAY**
- Feb 21 Matter of Balance
- Feb 21 Stamford Hospital
- Feb 22 Betsi Mufson on "Good Lit, Good Life"
- Feb 23 Panto
- Feb 28 Matter of Balance
- Feb 28 Darien Library

Woodshop Repair Program

Woodshop volunteers will repair small wooden items, chairs, drawers, tables, etc., for a recommended donation. Bring your item into the woodshop any Monday or Tuesday between 9:30 - 11:30 a.m. and one of our volunteers will discuss the cost to repair, including supplies.

Senior Trips

Darien Parks and Recreation is offering exciting trips. For your convenience, brochures are located next to the sign up counter. To sign up for any trip, please contact the Parks and Recreation department at 203-656-7325.

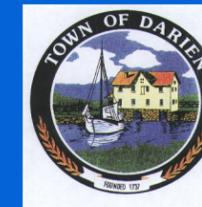
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**The Voice
Darien Senior Programs**

At
**The Mather Center
2 Renshaw Road
Darien, CT 06820
203-656-7490
www.darienct.gov**



**January 2017
Hours of Operation
9 am - 3 pm**

From the Desk of Beth Paris



"Laughter is the sun that drives winter from the human face"....Victor Hugo

Let Darien Senior Programs at Mather Center be a place of comfort, warmth, good food, friendly energy and lots of laughter this winter season. We hope 2017 will be the year to pursue enriching activities, develop new interest, creative endeavors, foster good healthy habits and academic invigorations...Happy New Year!!!

Membership Time

Starting Monday, January 9th, we will be updating current membership cards. It is very important to keep our records updated and will only take a few minutes of your time. For your convenience, the membership area will be set up in the lobby area right next to the Welcome Desk. There will also be a short program survey to fill out. The survey is a great opportunity to share your thoughts, ideas and offer suggestions for new classes which might interest you. You can also call 203-656-7490 to renew. The staff will be happy to update your membership over the phone.

Let's Talk Trips

**Patrick Rossiter, Darien Parks and Recreation
Monday, January 9th @ 12:30**

Come and welcome Patrick Rossiter, Darien Parks & Recreation's new Recreation Supervisor. Get to know Pat a bit and hear some trip offerings the department is thinking of pursuing. Patrick would appreciate to hear your ideas. Here's your chance to ask questions and make your suggestions for the ways the Recreation Department can better serve you. Light refreshments served after the session.

Ask a Lawyer

Friday, January 27th @ 11:00

Nedder and Associates LLC will be available for 15 minute private appointments at the Senior Center. Attorney Michael Nedder can answer questions regarding power of attorney, living wills, trusts, guardianships, disability planning, IRA custodianships, and wills, just to name a few. Please sign up as appointments fill quickly. 203-656-7490



INCLEMENT WEATHER DELAYS AND CLOSINGS

When Darien Schools are **CLOSED** Senior Programs is **CLOSED**. When Darien Schools are **DELAYED** the Senior Programs is **DELAYED** and will open at 11:00. All morning activities before 11:00 are cancelled. Tune into News 12, Channel 3 or 8 for updates of area closings. We ask that you use good judgment throughout the winter season and only drive when roads are clear and passable.

Visiting Nurse and Hospice of Fairfield County: Predicting Your Longevity

Wednesday, January 4th

Complimentary Lunch @ Noon * Program begins @ 12:30

Marilyn Fuller is one of VNH's Hospice nurses and a Wellness coach. Marilyn will do a presentation on using lifestyle tools to identify areas that can affect how long and how well you will live. She will discuss food and lifestyle choices. With this information, you can find balance in your life and make optimal choices to gain more time in your hourglass.

Stamford Hospital: Care Management

Tuesday, January 17th @ 12:30

Care management is a collaborative process of assessment, planning, facilitation, care coordination, evaluation, and advocacy for options and services to meet an individual's and family's comprehensive health needs through communication and available resources to promote quality, cost-effective outcomes. Debbie Milne, Director of Diabetes and Endocrine Center at Stamford Hospital, will present an in-depth program on how to understand your care management.

Walgreens Pharmacy: Fall Prevention

Wednesday, January 18th @ 12:30

Falls are the leading cause of injuries among older adults, but falls don't occur just because we are getting older. Falls are usually caused by a number of factors, and many falls can be prevented. By making a few simple changes, you can greatly reduce your chances of falling. Brian Bouvier of Walgreens Pharmacy will be here to present ways to assess your risk of falling and teach a few tips on how to prevent falling.

Caregivers Educational Support Group

Third Wednesday of the Month

January 18th @ 1:00 pm

The Caregiver Education Support Group is held monthly on the third Wednesday at 1:00p.m. If you provide care to a family member or a friend with multiple needs, especially related to cognitive impairments such as Alzheimer's Type Dementia, this group could be beneficial. For more information, or if you wish to meet before January 20th, contact Beth Paris at 203-656-7490.

Read and Tell: Good Lit; Good Life!

Last Wednesday of every month

January 25th @ 12:30

Join Betsi Mufson, LCSW of the Center for HOPE/Family Centers, Darien, for a monthly (last Wednesday) literary treat (poem, story, philosophical or inspirational essay) as springboard into sharing from our own stories and concerns. As meetings progress, participants will also be invited (although not obliged) to share their own narratives, spoken or written, biographical or fictional and to share their own truths. We will explore how creativity motivates, comforts, unsettles and keeps us on our toes. We will share the stories which most move and keep us going, the ideas which nurture a good life and help us through tough times. Come listen, interact, share inspiration and have fun!

The Connecticut Statewide Respite Care Program

This program offers relief to stressed caregivers by providing information, support, the development of a plan of care, and services for individuals with Alzheimer's disease or related dementias. Clients may receive care through the delivery of services through agencies (traditional care options) or caregivers may hire someone of their choice to provide care (self-directed option). There is a maximum of seven thousand five hundred dollars in services available per year to each applicant (subject to care manager's discretion) and a maximum of 30 days out-of-home care respite services (excluding Adult Day Care) available per year to each applicant. This program is a joint partnership with the Alzheimer's Association Connecticut Chapter, the Area Agencies on Aging, and the Connecticut State Department on Aging. Contact: Katie Regan at South Western CT Agency on Aging at 203-333-9288 for more information and a referral.

Energy Assistance Upcoming Program Reminders

Darien Human Services will begin taking Energy Assistance applications 9/15/2016, you can call to make an appointment beginning 9/1/2016 — 3/2017.

If you are a Darien resident and have questions regarding eligibility for either program please call 203-656-7328.

New Eligibility Guidelines for MSP (Medical Savings Program)

As of March 2016, a single senior can have \$2,413 in monthly income and qualify to have the \$104 deducted for Part B put back in their Social Security check. For a couple, the income limit is \$3,266. There is no asset limit for MSP. **If your single income is less than \$2,069**, you may also qualify for QMB and have your part D premiums paid and lower co-pays for your drugs. For a couple, the income limit is \$2,802. If you think you qualify, or have any questions, please do not hesitate to call Ali at 203-656-7328 at Darien Human Services.

"Ask the Social Worker"

Every Wednesday at 11:00 a.m., Ali Ramsteck will be at the Senior Programs to answer any questions you may have about available government benefits, town services, or to have a confidential chat about anything of concern to you. For Darien residents only.

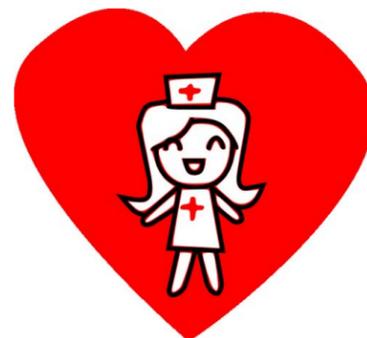
Medical Equipment Loan Closet

If Darien residents are in need of a walker, wheelchair, crutches, or a cane, you can borrow them, on a short term basis, from Darien Human Services Loan Closet. Just call 203-656-7328 to reserve what you need. You, or someone on your behalf, can stop by to pick up the equipment. There is no charge for this service. **Please spread the word!**



**Fairfield University School of Nursing Presents:
A Matter of Balance**

Eight week session beginning: Tuesday, January 31st @ 10:00 a.m.



A Matter of Balance is designed to reduce fear of falling and increase activity levels among older adults. The program was developed and formally evaluated by the Royal Center for Enhancement of Late-Life Function at Boston University with a grant from the National Institute on Aging. *A Matter of Balance* acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern. Trained facilitators, students from Fairfield University School of Nursing, conduct eight 1 1/2-hour sessions for a group of 10-12 participants. During the class, participants learn to view falls and fear of falling as controllable and set realistic goals for increasing activity. They will also find ways to change the environment to reduce fall risk factors and learn simple exercises to increase strength and balance. Sign up is mandatory.



**Wednesday Crafts
Wednesday, January 11th & 18th @ 9:30**

We are ~~inviting~~ all folks crafty to come and enjoy each other's company while working on crafts. Two Wednesdays a month the "crafters" will have a different craft on hand to work on. Stay for an hour or stay all morning! Cost of the program will be \$4.00 unless otherwise specified.

How to ACCESS Darien Senior Programs:



On Line: Go to darienct.gov click on **Departments and Services** and then click on **Darien Senior Center**. Here you will find the current monthly Newsletter, ~~web menu~~, and even a membership card!

By Phone: Call the main number **203-656-7490**. This number is for general information and daily lunch reservations. If you happen to call ~~after~~ regular office hours (3:00pm), please feel free to leave a detailed voice mail message, and be sure to include your name and phone number. You may also leave a voice mail to sign up for programs. Staff will call you back to confirm.

**AARP Smart Driver Course offered this spring
Tuesday, March 14th — 10:00 - 2:30**

The AARP Smart Driver™ Course is the nation's first and largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive safely on today's roads, allowing them to remain independent for many years to come. In fact, 97% of those who take it change at least one driving behavior. And the best part? There are no tests to pass - just useful information to keep you safe on the road! Learn about normal age-related physical changes and how to adjust your driving to compensate. Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured. Get an insurance discount. Auto insurance companies in most states provide a multi-year discount to course graduates! (Some states may have restrictions on accepting an online driver improvement course for insurance discounts. Please consult your insurance agent for more information about discounts in your state.) Cost of the Smart Driver Course is **\$15.00 for members** and **\$20.00 for non-members**. There will be a half-hour lunch break for all participants. Bag lunch can be brought or purchased (\$4.00). Reservations for lunch must be made by 11:15 the day of the course.

**Art Gottlieb, LCSW: Dorothea Lange
Tuesday, January 3rd @ 12:30**

Hoboken born Dorothea Lange is best remembered for her depression era photographs while working for the Farm Securities Administration (FSA). Throughout the 1930s, Lange documented rural poverty, sharecroppers, and the plight of migrant laborers, ultimately leading to her being awarded the Guggenheim Prize for her 1936 photograph entitled "Migrant Mother."

**Garden Club of Darien
Pleasure through Plants
Wednesday, January 4th @ 10:00am**

Volunteers with the Garden Club of Darien's Pleasure through Plants program will be here on Wednesday, January 4th, to host a wonderful cut-flower arranging group. Flowers are generously donated by the Garden Club. Participants will finish with a beautiful arrangement to take home free of charge. Please see Marcy to sign up – space is limited and fills up quickly.



**Touch of Sinatra Presents: The Brooklyn Paramount Theater
Thursday, January 5th @ 12:30**

The year is 1947; the place is the Brooklyn Paramount Theater starring Frank Sinatra. Touch of Sinatra will bring you back to 1947 to witness the birth of new music and the Alan Freed Rock n Roll Show! Come and enjoy some of the century's best and most favorite music!

**Francine and Joel Entertain!
Tuesday, January 10th @ 12:30**

Join the rollicking Vegas Rat Pack, both the men and women, during the "hey-hey" days of Las Vegas's apex. Francine and Joel will recreate memories of Judy Garland, Marilyn Monroe, Shirley MacLaine, and Liza Minnelli, not to mention Dean Martin and Frank Sinatra, as they perform the unforgettable hits of the 50s, 60s, and beyond!

**Great Decisions: The Koreas
Facilitated by Erik Rambusch
Second Thursday of the Month * Thursday, January 12th @ 10:00 a.m.**

Great Decisions is America's largest discussion program on world affairs. Published annually by the Foreign Policy Association, Thursday, January 12th will be the fifth class. Great Decisions provides background information, current data and policy options for each issue and serves as the focal text for discussion groups. We will meet **once a month on the second Thursday** to discuss one topic per session. It is important that you read the appropriate section of the briefing book (approximately 8 to 10 pages) to prepare for these discussions. These sessions are not lectures. The leader will facilitate the process.
The next 4 topics are as follows: The United Nations, Climate Change, and Cuba and the U.S.

**Darien Library
Tuesday, January 24th @ 12:30**

Darien Library will be here to present a program on the popular literature from the 1940s – 1960s. Authors like John Steinbeck, Eudora Welty, and George Orwell will all be discussed – as well as some favorites from childhood.

Don't miss out - for more programs see page 6

Weekly Classes at the Senior Programs

MONDAY

9:00 Pinochle/Cards—Room 133
 9:00 Tai Chi \$4/Class—Room 211
 9:30 Newplicate Bridge Play—Room 129B
 9:30 - 11:30 Woodshop—Room 123
 10:00 Acrylic Painting, \$4/Class—Room 128A
 10:00 - 12:00 Knitting—Library, Room 134
 10:00 - 10:45 Senior Aerobics, \$4/Class—Room 210/211
 10:30 Mahjong—Room 205
 10:30 - 12:00 Wii Team Play—Room 201
 11:30 Ballet for Seniors, \$4/Class—Room 210/211
 12:30 Spanish Conversation, \$4/Class—Room 134
 12:40 Zumba, \$4/Class—Room 210/211

* TBA = To Be Announced

TUESDAY

9:00 Pinochle/Cards—Room 133
 9:05 Pilates, \$4/Class—Room 210/211 (bring your own mat)
 9:30 Open Pickleball—Town Hall Gym (all levels)
 9:30 - 2:00 Open Wii Bowling—Room 201
 9:30 Woodshop—Room 123
 10:00 Computer Help—Room 135
 10:00 Open Art Studio—Room 128A
 10:00 Writing Class—Room 134
 10:00 Sittercise—Room 133
 11:00 Feldenkrais Movement Class, \$4/Class—Room 211
 1:00 Open Pickleball—Town Hall Gym (intermediate level)

WEDNESDAY

9:00 Pinochle/Cards—Room 133
 9:30 - 2:00 Open Wii Bowling—Room 201
 9:30 Crafts, \$4 unless otherwise stated—Room 205
 10:00 - 12:00 Intermediate Watercolor—Room 128A
 10:00 Yoga, \$4/Class—Room 211 (bring your own mat)
 1:00 Tai Chi, \$4 Class—Room 211

THURSDAY

9:00 Pinochle/Cards—Room 133
 9:05 Pilates, \$4/Class—Room 210/211 (bring your own mat)
 9:30 Stained Glass—Room 129B
 9:30 Intermediate Bridge Instruction—Room 129B
 9:30 Open Pickleball (all levels)
 10:15 Low Impact Aerobics with Linda—Room 210/211
 10:30 Mahjong—Room 205
 11:15 Jazzercise Lite, \$4/Class—Room 210/211
 12:00 - 2:00 Wii Team Play—Room 201
 12:30 Mahjong—Room 205
 12:30 Senior Fitness—Room 135
 1:00 Short Story Discussion—Room 134
 1:00 Open Pickleball—Town Hall Gym (intermediate level)
 1:00 QiGong, \$4/Class—Room 210/211

FRIDAY

9:30 - 2:00 Open Wii Bowling—Room 201
 10:00 Yoga, \$4/Class—Room 211 (bring your own mat)
 10:00 Oil Painting, \$4/Class—128A
 10:00 Italian, \$4/Class — Room 208
 10:00 Beginner Spanish, \$5/Class—Room 134
 11:00 Spanish, \$5/Class—Room 134
 11:00 Ballet for Seniors, \$4/Class—Room 210/211
 12:30 Current Events—Room 134
 12:30 Brain Twisters & Teasers—Auxiliary Café, Room 113

January Special Programs

Mon 2nd **CLOSED - HAPPY NEW YEAR**
 Tues 3rd Art Gottlieb “Dorothea Lange” 12:30
 Wed 4th Pleasure Through Plants 10:00
 Wed 4th Visiting Nurse and Hospice of Fairfield County
 “Predicting your Longevity”
Complimentary Lunch-and-Learn
Lunch Promptly at 12 Noon — Program at 12:30
 Thurs 5th Touch of Sinatra 12:30



Mon 9th Let’s Talk Trips 12:30
 Tues 10th Francine and Joel Entertain 12:30
 Wed 11th Crafts 9:30
 Wed 11th CT Pharmacy - topic to be announced 12:30
 Thurs 12th Great Decisions with Erik Rambusch “The Koreas” 10:00



Tues 17th Stamford Hospital, “Care Management” 12:30
 Wed 18th Crafts 9:30
 Wed 18th Walgreens Pharmacy 12:30
 Wed 18th Caregivers Support Group 1:00
 Thurs 19th Blood Pressure 1:00



Tues 24th Darien Library 12:30
 Wed 25th Betsi Mufson on “Good Lit, Good Life” 12:30
 Fri 27th Ask a Lawyer 11:00



Tues 31st Fairfield University “Matter of Balance” 10:00

For more info see pages 2, 3 & 6